

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ www.FrederickCountyMD.gov ♦ 301-600-7020

## June Program Highlights

### Zumba

Zumba is a dance-fitness class that is friendly and fun. The easy-to-follow moves are set to zesty Latin music. This class is open to **adults of any age** seeking an introductory Zumba fitness experience, by a certified instructor.

**Date:** Mondays, June 11-July 30  
(8-week session)  
Register by Monday, June 4

**Time:** 9:00 a.m.

**Cost:** \$25 per participant

### Solutions for Incontinence

Worried about laughing or sneezing? Whether incontinence is a current problem or one you might have in the future it good to know there maybe be a simple solution to this embarrassing problem. Program presented by Stephanie Dunker, MSPT, Sage Orthopedic Physical Therapy.

**Date:** Wednesday, June 13

**Time:** 1:00 p.m. **Cost:** Free

### Pre-Planning for Burials

Join us for an educational presentation about pre-planning burial needs and the options available. Learn some of the history of Mt. Olivet as a community/nonprofit cemetery. Program presented by Kenyon Parker, Jr.

**Date:** Tuesday, June 5

**Time:** 6:30 p.m. **Cost:** Free

### Computers

Computers, with high-speed Internet access, are available for use any time the Center is open.

### Blood Pressure Screening

Stop in for a blood pressure check!

**Date:** Tuesdays, June 12 & 26

**Time:** 1:00 p.m.

**Date:** Wednesday, June 20

**Time:** 11:30 a.m. **Cost:** Free

### Omelet Bar/Ask Nurse Steve

Omelets created to order! Choose from a variety of ingredients to make lunch your way. Steve Stoyke will talk about “**Electronic Devices and Health:** Does using a cell phone really cause cancer?”

**Date:** Wednesday, June 20

Sign-up by Monday, June 18

**Time:** Noon

**Cost:** \$4.80 (Regular lunch fee)

### Men's Discussion Group

Finally, a group for men only! Discussions may include: current events, movies, books, retirement, family...whatever is on your mind. Coffee provided.

**Date:** Thursday, June 14 & 28

**Time:** 9:30 a.m. **Cost:** Free

### Exercise to Video

Come exercise with us! These videos are made especially for seniors.

**Dates:** Mondays through Thursdays

**Time:** 11:00-11:30 a.m. **Cost:** Free

### Drop-in Any Time

Drop-in anytime we are open to use our computers, play a game, have a cup of coffee or tea, read the newspaper, or chat with other seniors.